



## **A MINUTE OF HEALTH WITH CDC**

### *Protect Your Skin*

*Sunburn and Protective Behaviors among Adults Aged 18–29 Years —  
United States, 2000–2010*

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*This program is presented by the Centers for Disease Control and Prevention.*

As the days get warmer, many of us spend more time outside. Protecting skin from the sun should be a priority. One sunburn during childhood doubles your risk for skin cancer. Five sunburns at any age doubles your risk for melanoma, the deadliest form of skin cancer.

Using a broad spectrum sunscreen with an SPF of 15 or higher helps reduce your risk. Sunscreen wears off, so be sure to reapply it after two hours or after swimming or sweating. Clothing, sunglasses, and shade help decrease the chances of sunburn, reducing your risk for skin cancer and allowing you to enjoy your time outdoors safely.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*